

Upper Back & Neck

Stretching Therapeutic Exercises

GENERAL INSTRUCTIONS: Do only the exercises taught to you by your therapist. Exercise 2-3 times daily, 10 of each exercise.

Neck Flexion/Extension:

With your chin tucked in and mouth closed, slowly lower your head to your chest. Return to starting position. Relax. Bring your head as far back as possible so you can look up at the ceiling.



Levator Scapulae: Sit in a chair. Place your hands behind your head. Slowly move your chin to your chest while turning your head to the left. Repeat on right.



Scalleni: Sit in a chair. Clasp your hands behind your back. Lower your left shoulder and tilt your head to the left. Repeat on the opposite side.



Upper Trapezius: Sit in a chair. Clasp your hands behind your back. Tilt and rotate your head to the left, looking toward your underarm. Repeat on the right.



Pectoralis: Raise your hands out to your sides to shoulder level. Bend your elbows and point your fingers toward the ceiling. Lean forward and pull your arms back until you feel a stretch across your chest.



Suboccipitals: Sit in a neutral posture, or stand against a wall. Tuck in your chin and pull your head and neck straight back. Feel the stretch at the base of your head.



EXERCISE GUIDELINES: Exhale on exertion. Hold position for 30 seconds and then relax. Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.